

In the Claims:

Please amend claims 1, 21, and 32. The claims are as follows:

1. (Currently amended) A nutritional supplement, comprising:

L-arginine-2-pyrrolidone-5-carboxylate in an amount of about 500 milligrams to about 10 grams;

L-lysine hydrochloride in an amount of about 500 milligrams to about 10 grams; and

[[a]] at least one cortisol suppressant, each cortisol suppressant selected from the group consisting including at least one of acetyl-L-carnitine in an amount of about 1 gram to about 10 grams and maltodextrin in an amount of about 1 gram to about 10 grams.

2. (Original) The nutritional supplement of claim 1, wherein the cortisol suppressant includes the acetyl-L-carnitine.

3. (Original) The nutritional supplement of claim 1, wherein the cortisol suppressant includes the maltodextrin.

4. (Original) The nutritional supplement of claim 1, wherein the cortisol suppressant includes the acetyl-L-carnitine and the maltodextrin.

5. (Original) The nutritional supplement of claim 1, further comprising L-leucine in an amount of about 500 milligrams to about 10 grams.

6. (Original) The nutritional supplement of claim 1, further comprising bee pollen in an amount of about 50 milligrams to about 10 grams.
7. (Original) The nutritional supplement of claim 1, further comprising L-tyrosine in an amount of about 500 milligrams to about 10 grams.
8. (Original) The nutritional supplement of claim 1, further comprising taurine in an amount of about 500 milligrams to about 10 grams.
9. (Original) The nutritional supplement of claim 1, further comprising D-ribose in an amount of about 50 milligrams to about 10 grams.
10. (Original) The nutritional supplement of claim 1, further comprising colostrum in an amount of about 500 milligrams to about 10 grams.
11. (Original) The nutritional supplement of claim 1, further comprising whey protein in an amount of about 1 gram to about 20 grams.
12. (Original) The nutritional supplement of claim 1, further comprising lycopene in an amount of about 100 milligrams to about 10 grams.
13. (Original) The nutritional supplement of claim 1, further comprising glutamine in an amount

of about 500 milligrams to about 10 grams.

14. (Original) The nutritional supplement of claim 1, further comprising macuna pruriens in an amount of about 50 milligrams to about 5 grams and alpha glycerylphosphorylcholine in an amount of about 50 milligrams to about 5 grams.

15. (Original) The nutritional supplement of claim 1, wherein the nutritional supplement does not include a steroid, and wherein the nutritional supplement does not include a hormone.

16. (Original) The nutritional supplement of claim 1, wherein the nutritional supplement is in a powder form.

17. (Original) The nutritional supplement of claim 1, wherein the nutritional supplement is in a tablet form.

18. (Original) The nutritional supplement of claim 1, wherein the nutritional supplement is in a wafer form.

19. (Original) The nutritional supplement of claim 1, wherein the nutritional supplement is in a liquid form.

20. (Original) The nutritional supplement of claim 1, wherein the nutritional supplement is in a

capsule form.

21. (Currently amended) A nutritional supplement consisting essentially of:

L-arginine-2-pyrrolidone-5-carboxylate in an amount of about 500 milligrams to about 10 grams;

L-lysine hydrochloride in an amount of about 500 milligrams to about 10 grams; and

[[a]] at least one cortisol suppressant, each cortisol suppressant selected from the group consisting including at least one of acetyl-L-carnitine in an amount of about 1 gram to about 10 grams and maltodextrin in an amount of about 1 gram to about 10 grams.

22. (Original) The nutritional supplement of claim 21, wherein the nutritional supplement consists essentially of the L-arginine-2-pyrrolidone-5-carboxylate, the L-lysine hydrochloride, and the maltodextrin.

23. (Original) The nutritional supplement of claim 21, wherein the nutritional supplement is in a powder form, and wherein the nutritional supplement consists essentially of the L-arginine-2-pyrrolidone-5-carboxylate in an amount of about 1.5 grams, the L-lysine hydrochloride in an amount of about 1.5 grams, and the maltodextrin in an amount of about 3 grams.

24. (Original) The nutritional supplement of claim 21, wherein the cortisol suppressant includes the acetyl-L-carnitine.

25. (Original) The nutritional supplement of claim 21, wherein the cortisol suppressant includes the maltodextrin.

26. (Original) The nutritional supplement of claim 21, wherein the cortisol suppressant includes the acetyl-L-carnitine and the maltodextrin.

27. (Original) The nutritional supplement of claim 21, wherein the nutritional supplement is in a powder form.

28. (Original) The nutritional supplement of claim 21, wherein the nutritional supplement is in a tablet form.

29. (Original) The nutritional supplement of claim 21, wherein the nutritional supplement is in a wafer form.

30. (Original) The nutritional supplement of claim 21, wherein the nutritional supplement is in a liquid form.

31. (Original) The nutritional supplement of claim 21, wherein the nutritional supplement is in a capsule form.

32. (Currently amended) A nutritional supplement consisting essentially of:

L-arginine-2-pyrrolidone-5-carboxylate in an amount of about 500 milligrams to about 10 grams;

L-lysine hydrochloride in an amount of about 500 milligrams to about 10 grams;

[[a]] at least one cortisol suppressant, each cortisol suppressant selected from the group consisting including at least one of acetyl-L-carnitine in an amount of about 1 gram to about 10 grams and maltodextrin in an amount of about 1 gram to about 10 grams; and

a substance consisting essentially of at least one of:

L-leucine in an amount of about 500 milligrams to about 10 grams,

bee pollen in an amount of about 50 milligrams to about 10 grams,

L-tyrosine in an amount of about 500 milligrams to about 10 grams,

taurine in an amount of about 500 milligrams to about 10 grams,

D-ribose in an amount of about 50 milligrams to about 10 grams,

colostrum in an amount of about 50 milligrams to about 10 grams,

whey protein in an amount of about 1 gram to about 20 grams,

lycopene in an amount of about 100 milligrams to about 10 grams,

glutamine in an amount of about 500 milligrams to about 10 grams, and

both macuna pruriens and alpha glycerylphosphorylcholine (GPC), said macuna pruriens in an amount of about 50 milligrams to about 5 grams, said alpha GPC in an amount of about 50 milligrams to about 5 grams.

33. (Original) The nutritional supplement of claim 32, wherein the substance includes the L-leucine.

34. (Original) The nutritional supplement of claim 32, wherein the substance includes the bee pollen.

35. (Original) The nutritional supplement of claim 32, wherein the substance includes the L-tyrosine.

36. (Original) The nutritional supplement of claim 32, wherein the substance includes the taurine.

37. (Original) The nutritional supplement of claim 32, wherein the substance includes the D-ribose.

38. (Original) The nutritional supplement of claim 32, wherein the substance includes the colostrum.

39. (Original) The nutritional supplement of claim 32, wherein the substance includes the whey.

40. (Original) The nutritional supplement of claim 32, wherein the substance includes the lycopene.

41. (Original) The nutritional supplement of claim 32, wherein the substance includes the glutamine.

42. (Original) The nutritional supplement of claim 32, wherein the substance includes the macuna pruriens and alpha GPC.

43. (Original) The nutritional supplement of claim 32, wherein the substance consists essentially of the L-leucine.

44. (Original) The nutritional supplement of claim 32, wherein the substance consists essentially of the bee pollen.

45. (Original) The nutritional supplement of claim 32, wherein the substance consists essentially of the L-tyrosine.

46. (Original) The nutritional supplement of claim 32, wherein the substance consists essentially of the taurine.

47. (Original) The nutritional supplement of claim 32, wherein the substance consists essentially of the D-ribose.

48. (Original) The nutritional supplement of claim 32, wherein the substance consists essentially of the colostrum.

49. (Original) The nutritional supplement of claim 32, wherein the substance consists essentially of the whey.

50. (Original) The nutritional supplement of claim 32, wherein the substance consists essentially of the lycopene.

51. (Original) The nutritional supplement of claim 32, wherein the substance consists essentially of the glutamine.

52. (Original) The nutritional supplement of claim 32, wherein the substance consists essentially of the macuna pruriens and alpha GPC.

53. (Original) The nutritional supplement of claim 32, wherein the nutritional supplement is in a powder form.

54. (Original) The nutritional supplement of claim 32, wherein the nutritional supplement is in a tablet form.

55. (Original) The nutritional supplement of claim 32, wherein the nutritional supplement is in a wafer form.

56. (Original) The nutritional supplement of claim 32, wherein the nutritional supplement is in a liquid form.

57. (Original) The nutritional supplement of claim 32, wherein the nutritional supplement is in a

capsule form.